



# MARCH 2022 SALEM SENIOR CENTER NEWSLETTER & CALENDAR



## SPRING TRIPS

- Thursday, March 24  
Wolfhart Haus Dinner Theatre  
"The Marvelous Wonderettes"
  - Thursday, May 12  
Wolfhart Haus Dinner Theatre  
"1970s Review"
  - Wednesday, May 25  
Pharsalia Plantation Tour and Cheese Shop
  - Monday, June 6 – Friday, June 10  
The Ark Encounter and Creation Museum
  - Thursday, June 23  
Wolfhart Haus Dinner Theatre  
"The Sound of Music"
  - July - TBD  
Barter Theater (Watch the monthly calendar for date and time)
  - Sunday, August 21 – Saturday, August 27  
Beautiful Maine – guided tours of many beautiful sights.
- Copies of the detailed 2022 Senior Trip List are at the Senior Center or on our website.

## 2022 TRIP LIST IS HERE!

Pick one up at the Senior Center or on our website.

<https://www.salemva.gov/Departments/Parks-and-Recreation/Senior-Center>

## MAINE

Sun., August 24 – Sat., August 27

Sign up for this 7 day/6 night trip to the beautiful state of Maine. Price of the trip includes motorcoach transportation, 6 nights lodging, 6 breakfasts, 4 dinners, guided tours of Portland, Kennebunkport, Pineland Farms and more. Also includes a vintage train ride and countryside trolley ride. Info sheet with cost and more details in the office.

Sign up while there's still room with just a \$75 deposit.



## "DAY BEFORE ST. PATRICK'S DAY" BINGO W/LUNCH



Wednesday, March 16<sup>th</sup>, 12 noon  
\$6.00 plus a bingo prize  
Sign up in the office for a fun time.



## BBB SHRED AND SECURE YOUR ID DAY

**SATURDAY, APRIL 9  
8:00 AM – 11:00 AM**

**SALEM CIVIC CENTER**

Did you know that protecting your identity is largely in your own hands? Many identify theft victims can trace the theft to something that was stolen from their own possession. The Better Business Bureau Serving Western Virginia will responsibly shred any documents that include personal or sensitive information to help avoid identity theft.

\*\*Three (3) boxes or bags allowed.

## MEDITATION AND RELAXATION by LIZ NELSON, RN, BSN Level 2 Reiki practitioner From BRANDON OAKS

**Thursday, March 31, 12:15 pm**

Come learn about different forms of relaxation and meditation to help heal your mind, body, and spirit. Wear comfortable clothes and be prepared for a guided meditation session. Information is provided by Liz Nelson RN BSN Level 2 Reiki practitioner with Brandon Oaks at Home.

Sign up in the office!!!



## DMV CONNECT

### Glenvar Public Library

March 7 & 8  
9:00 am – 4:00 pm  
Closed for lunch from 1:00 – 2:00

Services are inside the libraries.

### Salem Civic Center

March 23 & 24  
9:00 am – 4:00 pm  
Closed for lunch from 12:30 – 1:30  
Inside in Parlor C

## 49ERS PLUS CLUB

### Ice Cream Social Following meeting

The Salem 49ers Plus Club will resume meeting in March. After the Thursday, March 17<sup>th</sup> meeting at 11:00 am Anthem will be providing an ice cream social for the attendees.

This would be a good opportunity for anyone who may be interested in possibly joining this club to come and meet the members and get an idea of what the club does. Anthem will not do a presentation but will be there to answer any Medicare questions that you would like to ask.

### CHAIR YOGA

New 6-week class begins  
Tuesday, March 15, 2022.  
Cost is \$20 for 6 weeks.

Mark your calendars for the 20<sup>th</sup> annual Senior Fun and Health Fair.  
**Wednesday, April 13, 10am-2pm.**  
Free Admission. Find info on any need a senior citizen may have. Enjoy good entertainment; as well as some "giveaways" and some fun bingo.

## SALEM SENIOR CENTER

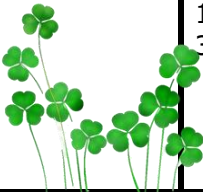


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| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|---|--|--|--|---|
| <b>Feb. 27</b><br> | <b>Feb. 28</b><br>9 am–12 noon – Bridge<br>11 am–4 pm – Hand, Knee & Foot (cards)<br>12–4 pm – Dominoes<br>3:30–4:30 pm – Tai Chi | <b>1</b><br>8:45–9:45 am – Exercise Class<br>10 am–2 pm – Chair Caning/Basket Weaving<br>10 am–1 pm – Bridge<br>11 am–1 pm – Hand & Foot (cards)<br>2–4 pm – Ballroom Dance<br>4:15–5:15 pm – New 6-week Chair Yoga begins<br>5:15 pm – TOPS #313 | <b>2</b><br>9–10 am – Tap Class<br>10 am–12 pm – Needlework and Quilting<br>10:30 am–1 pm – Ceramics<br>1:30–3 pm – Line Dance   | <b>3</b><br>8:45–9:45 am – Exercise Class<br>9:30 am–12 noon – Art on Your Own<br>10 am–1:00 pm – Bridge<br>11 am – 49ers Plus Club Mtg<br>12pm - 3 pm – Hand & Foot (cards)<br>3:30–4:30 pm – Tai Chi   | <b>4</b><br>8:45–9:45 am – Exercise Class<br>11 am–2:30 pm – Senior Mountain Pickers<br>11 am–4 pm – Hand & Foot (cards)       | <b>5</b><br> |
| <b>6</b>  | <b>7</b><br>9 am–12 noon – Bridge<br>11 am–4 pm – Hand, Knee & Foot (cards)<br>12–4 pm – Dominoes<br>3:30–4:30 pm – Tai Chi       | <b>8</b><br>8:45–9:45 am – Exercise Class<br>10 am–2 pm – Chair Caning/Basket Weaving<br>10 am–1 pm – Bridge<br>11 am–1 pm – Hand & Foot (cards)<br>2–4 pm – Ballroom Dance<br>4:15–5:15 pm – Chair Yoga<br>5:15 pm – TOPS #313                   | <b>9</b><br>9–10 am – Tap Class<br>10 am–12 pm – Needlework and Quilting<br>10:30 am–1 pm – Ceramics<br>1:30–3 pm – Line Dance   | <b>10</b><br>8:45–9:45 am – Exercise Class<br>9:30 am–12 noon – Art on Your Own<br>10 am–1:00 pm – Bridge<br><b>11 am – 49ers Plus Club Mtg</b><br>12pm - 3 pm – Hand & Foot (cards)<br>3:30–4:30 pm – Tai Chi   | <b>11</b><br>8:45–9:45 am – Exercise Class<br>11 am–2:30 pm – Senior Mountain Pickers<br>11 am–4 pm – Hand & Foot (cards)      | <b>12</b>   |
| <b>13</b><br><b>SPRING FORWARD</b><br>Move your clocks up an hour 2:00 am                           | <b>14</b><br>9 am–12 noon – Bridge<br>11 am–4 pm – Hand, Knee & Foot (cards)<br>12–4 pm – Dominoes<br>3:30–4:30 pm – Tai Chi      | <b>15</b><br>8:45–9:45 am – Exercise Class<br>10 am–2 pm – Chair Caning/Basket Weaving<br>10 am–1 pm – Bridge<br>11 am–1 pm – Hand & Foot (cards)<br>2–4 pm – Ballroom Dance<br>4:15–5:15 pm – Chair Yoga<br>5:15 pm – TOPS #313                  | <b>16</b><br>9–10 am – Tap Class<br>10 am–12 pm – Needlework and Quilting<br><b>12 pm – Bingo w/lunch (must sign up)</b><br>10:30 am–1 pm – Ceramics<br>1:30–3 pm – Line Dance | <b>17 – ST PATRICK'S DAY</b><br>8:45–9:45 am – Exercise Class<br>9:30 am–12 noon – Art on Your Own<br>10 am–1:00 pm – Bridge<br><b>11 am – 49ers Plus Club Mtg with ice cream social for possible new members (sign up)</b><br>12pm - 3 pm – Hand & Foot (cards)<br>3:30–4:30 pm – Tai Chi | <b>18</b><br>8:45–9:45 am – Exercise Class<br>11 am–2:30 pm – Senior Mountain Pickers<br>11 am–4 pm – Hand & Foot (cards)      | <b>19</b>   |
| <b>20</b><br>     | <b>21</b><br>9 am–12 noon – Bridge<br>11 am–4 pm – Hand, Knee & Foot (cards)<br>12–4 pm – Dominoes<br>3:30–4:30 pm – Tai Chi      | <b>22</b><br>8:45–9:45 am – Exercise Class<br>10 am–2 pm – Chair Caning/Basket Weaving<br>10 am–1 pm – Bridge<br>11 am–1 pm – Hand & Foot (cards)<br>2–4 pm – Ballroom Dance<br>4:15–5:15 pm – Chair Yoga<br>5:15 pm – TOPS #313                  | <b>23</b><br>9–10 am – Tap Class<br>10 am–12 pm – Needlework and Quilting<br>10:30 am–1 pm – Ceramics<br>1:30–3 pm – Line Dance  | <b>24</b><br>8:45–9:45 am – Exercise Class<br>9:30 am–12 noon – Art on Your Own<br><b>10:15 am – Trip leaves for Wolfhart Haus Wonderettes</b><br>10 am–1:00 pm – Bridge<br>12pm - 3 pm – Hand & Foot (cards)<br>3:30–4:30 pm – Tai Chi  | <b>25</b><br>8:45–9:45 am – Exercise Class<br>11 am–2:30 pm – Senior Mountain Pickers<br>11 am–4 pm – Hand & Foot (cards)      | <b>26</b>   |
| <b>27</b>   | <b>28</b><br>9 am–12 noon – Bridge<br>11 am–4 pm – Hand, Knee & Foot (cards)<br>12–4 pm – Dominoes<br>3:30–4:30 pm – Tai Chi      | <b>29</b><br>8:45–9:45 am – Exercise Class<br>10 am–2 pm – Chair Caning/Basket Weaving<br>10 am–1 pm – Bridge<br>11 am–1 pm – Hand & Foot (cards)<br>2–4 pm – Ballroom Dance<br>4:15–5:15 pm – Chair Yoga<br>5:15 pm – TOPS #313                  | <b>30</b><br>9–10 am – Tap Class<br>10 am–12 pm – Needlework and Quilting<br>10:30 am–1 pm – Ceramics<br>1:30–3 pm – Line Dance  | <b>31</b><br>8:45–9:45 am – Exercise Class<br>9:30 am–12 noon – Art on Your Own<br>10 am–1:00 pm – Bridge<br>12pm - 3 pm – Hand & Foot (cards)<br><b>12:15 – Brandon Oaks presentation (must sign up)</b><br>3:30–4:30 pm – Tai Chi  | <b>April 1</b><br>8:45–9:45 am – Exercise Class<br>11 am–2:30 pm – Senior Mountain Pickers<br>11 am–4 pm – Hand & Foot (cards) | <b>April 2</b>  |



### UPCOMING EVENTS AT THE SALEM CIVIC CENTER

- Thursday, March 10  
Casting Crowns: The Healer Tour with We are Messengers and Johnathan Traylor
- Friday, March 18  
Travis Tritt with Crawford & Power
- Fri-Sun, Mar 25 – 27  
The 50<sup>th</sup> Anniversary Spring Home Show
- Wednesday, April 13  
20<sup>th</sup> Annual Senior Fun & Health Fair
- Friday, April 22  
Roanoke Symphony: Sweet Caroline – The music of Neil Diamond
- Sunday, May 1  
For King & Country: "What Are We Waiting For?" Tour
- Friday, June 17  
Roanoke Symphony: Hotel California – A Salute to the Eagles

### March Birth Flower

Daffodils are some of the first flowers we see in springtime and are a great indicator that winter is over. Because of this, they are seen to represent rebirth and new beginnings. They are also thought to represent inspiration, forgiveness, and creativity.



### March Birthstone

Aquamarine's name comes from the Latin for seawater, and ancient mariners claimed the gem would calm waves and keep sailors safe at sea. This March birthstone was also thought to bring happiness in marriage. Beryl was believed to give the wearer protection against foes in battle and litigation. It was also thought to make the wearer unconquerable and amiable, and to quicken the intellect.

